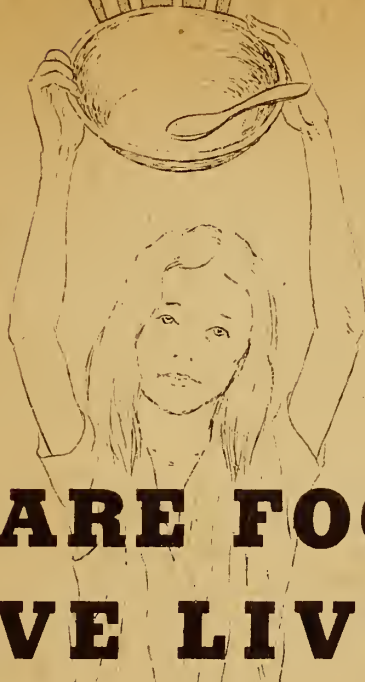


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HELP



SHARE FOOD SAVE LIVES

- EAT LESS WHEAT PRODUCTS AND FATS, such as bread, cereals, macaroni, pies, cookies, cakes, salad dressing.
- WASTE NOTHING. Buy no more than you can use. Dress up left-overs. Clean your plate. Re-use, then salvage kitchen fats.
- SERVE MORE PLENTIFUL FOODS, such as potatoes, eggs, poultry, fish, fruits and vegetables in season.
- KEEP UP YOUR VICTORY GARDEN and preserve food at home.



U. S. Department of Agriculture

PA-12

June 1946

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A FAMILY CAMPAIGN AGAINST FAMINE

WAR and drought have brought the threat of famine and death to millions of men, women, and children in Europe and the Orient. They are people who live in families like our own, who suffer from wasting death as our own might suffer.

We in well-fed America have undertaken to share a part of our food with the famished. The portion of some foods most needed for famine relief, which we forego for the time being, and the food we save by eating without waste will prevent children from wasting away to die of hunger or disease—or to live only with stunted bodies and twisted minds. It will help their parents and families to survive, to recover, and with us to rebuild a world of peace.

You can share generously with your life-saving food, and you and your family can still remain well nourished, by observing a few simple rules of food choice, food preparation, and food conservation.

You can help fight famine in other lands by buying less, using less, and wasting none of the foods needed for famine relief—*mainly wheat products, fats and oils*. When you cut your use of these foods you increase the quantity that can be sent overseas.

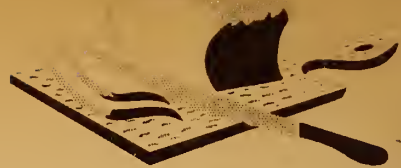
You can get along with less of the relief-type foods by stopping all waste and by using more of the foods that are plentiful in season—such as fish, poultry, eggs, potatoes, and fresh fruits and vegetables. By making full use of these and other abundant foods Americans need not suffer from self-denial of wheat and fats.

You can also help keep your diet healthful and appetizing by growing a garden. Fresh-from-the-garden vegetables can pinch-hit for some of the scarcer foods and yield a surplus to can and preserve against possible shortage next winter.

If every American will save two slices of bread a day, that will be enough to give 17 million starving people their bread ration of $\frac{3}{4}$ pound every day.

If every American will save a teaspoon of fat a day, the savings will total more than a million pounds of this critical food every day.

In the pages following are some simple, specific suggestions to help you carry out your personal campaign against starvation in other lands.



Save Bread and Flour

Never throw a piece of bread in the garbage.

Serve only one slice of bread for each person at the table. Let the family ask for "seconds." Think up ways to make the crusty heel a prized piece.

Where bread is baked at home, slice at the table and cut slices in half to fit slender appetites.

Store bread in moisture-proof wrapping in the refrigerator to prevent mold. Or, next best, store bread unwrapped in a well-ventilated box in a cool place, and scald and sun the bread box often. Dry bread can be used, but moldy bread is a total waste.

Dry bread makes good toast. Besides plain toast, don't overlook such kinds as French, cinnamon, hot-milk, cheese, jelly, and Melba.

Roll or grind left-over bits or dried-out bread; store the crumbs in a covered jar in a dry, cool place.

Use dry left-over bread in puddings and stuffings.

Don't burn food when toasting or baking.

In making sandwiches, don't trim off crusts. Serve open-faced sandwiches at home, using 1 slice of bread instead of 2, or better yet omit the sandwiches and serve vegetable salad such as potato or bean instead.

Store crackers and cookies in airtight containers.

Don't hoard flour. Buy only as needed and keep cool, dry, and safe from insects and rodents.

Watch flour supplies closely in summer, especially if flour must be kept in a warm kitchen. Weevils may develop if flour is stored long in a warm room.

Be Thrifty with Fats



Never throw any fat in the garbage or down the drain.

Buy table and cooking fat only as needed. Some fats turn rancid if kept too long. Make best use of every bit of fat you have, whether bought as fat or whether it comes with meat or poultry.

Keep fats tightly covered in a cold, dark place away from odorous foods.

Trim excess fat from meat and poultry before cooking. Render separately by heating at low temperature and strain. Save cracklings for fat and flavor in corn breads, muffins, stews, soup.

Collect drippings from broiler, roaster, frying pan, and the top of the soup kettle.

Store meat drippings and rendered fat in separate jars or make an all-purpose blend.

Bake, broil, or stew meats, poultry, fish, instead of frying.

Serve home-made cooked salad dressing, vinegar, or lemon juice instead of oil dressings, or serve raw-vegetable relishes with salt for seasoning.

Serve fresh fruit in season for desserts in place of pastry or cake.

Put aside your taste for French fries and other foods fried in deep fat.

When fat's on the fire, watch the flame. Once fat reaches the smoking point, it breaks down chemically, soon turns rancid, and loses its sweet flavor.

Don't Overeat



Don't Overserve Your Guests



Make Use of the Fats You Save

Here are some ways to use saved fats:

- Number one use is in gravy. Use saved fat also in sauces for scalloped dishes, or add it to soups.
- Flavor vegetables with it. Add to plain boiled vegetables, mash with potatoes, mix with a little vinegar as the dressing for wilted lettuce, top a baked potato with it, use for pan-frying cabbage and other vegetables.
- Add during cooking to meat that hasn't enough fat of its own.
- Make it the fat in biscuit toppings, gingerbread, other quick breads, stuffing for poultry or meat.
- "Butter" bread crumbs in it.
- To mask the flavor of lamb, mutton, and other such fats, combine with onions or mixed vegetables in soup.
- Turn in for salvage every drop of fat unfit for use as food—to be used in making soap.



Make Use of Alternates

Potatoes

One small serving of potato equals a slice of bread in food value and also offers some vitamin C. (A 3-ounce raw potato makes a small serving cooked; a slice of bread averages about 4/5 of an ounce.)

At breakfast, occasionally let potatoes replace wheat cereal, toast, or biscuit.

Make potato cakes from left-over mashed potatoes.

Prepare hash-brown or creamed potatoes from boiled potato left-overs.

Let potato salad take the place of a sandwich.

In making stuffings for meat or poultry, use potatoes rather than bread.

Top meat pies and other baked dishes with fluffy mashed potatoes instead of pastry crust.

Serve creamed meat, chicken, or fish on mashed potato instead of on toast.

In place of poached egg on toast, try eggs baked in nests of mashed potato.

In making pancakes, use fresh grated potato to replace a large part of the flour.

Let mashed potatoes do duty for some of the flour in hot potato scones and rolls.

Oatmeal, Corn Meal, Barley Buckwheat

An average serving of oatmeal before sugar and cream are added equals approximately two slices of bread in food value. (This counts 1 ounce dry oatmeal to an average serving cooked, and a slice of bread about $\frac{4}{5}$ ounce.)

If available locally, use oatmeal occasionally to replace part of the wheat flour in making bread, biscuit, muffins, pancakes, cookies.

Use left-over cooked oatmeal as thickening for gravies, soups, and stews, and in place of breadcrumbs as a binder in meat loaf or in making fruit betties and puddings.

Where corn meal is plentiful, use it in corn bread, muffins, griddle cakes, corn-meal mush.

Make use of left-over corn bread in stuffings, or slice and toast it.

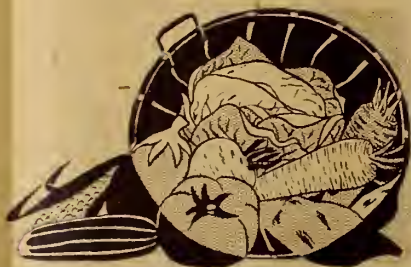
Use pearl barley, when available, instead of rice, spaghetti, or vermicelli, to give body to soups and chowders.

Don't overlook buckwheat cakes as cereal food for breakfast. If you have prepared mixes on hand, use them up promptly, especially in warm weather.

Rice-eating countries of the Far East report such imminent mass starvation that every "additional ounce" they receive is valued. In this country we can —

Use potatoes wherever possible in place of rice in the main course of the meal.

Avoid throwing rice at weddings now, when it is so urgently needed to feed hungry people.



Plant a Garden

Keep it up all Summer

Vegetable gardens are needed more than ever this year. The food you grow and eat from your garden adds to the total food supply and makes it easier for your family to share foods more suitable for shipment abroad.

Keep your garden working all summer with new plantings taking the place of crops harvested. Plant extra tomatoes and some other vegetables so as to have plenty to can and store.

It's never too late to start a garden—up to a few weeks before killing frosts in the fall—with kinds of vegetables that come quickly.

Can and Preserve for Next Winter

Plan to can, freeze, pickle, or otherwise preserve some of your garden surplus and put up fruits while abundant. By stocking your pantry with home-preserved food, you assure a more adequate supply for your own family next winter.

Spread the Word

If you believe in this program to help share our food with people who are in tragic need, tell others about it. Tell your family, your friends, your guests, your neighbors. Many persons are in sympathy with the need but just haven't gotten around to doing anything about it. Your determination to do your part may influence others to pitch in and help.

